

**LYBL**<sup>™</sup>  
live your best life

design | create | live  
**BLUEPRINT 3**  
**YOUR BEST LIFE BLUEPRINT**  
**WORKBOOK**

# YOUR BEST LIFE

Design, create & live your own  
Best Life Blueprint



*your*



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## BLUEPRINT SECTION 3

# DEVELOP A HEALTHY PERSPECTIVE

**H**aving a healthy perspective in any challenge or crisis means seeing the situation clearly, in the proper proportion to everything else going on at the same time.

It can be difficult to gauge the appropriate perspective, but generally this involves realising that the situation confronting you is neither the end of the world nor an insignificant blip in your daily life.

Gaining and developing a healthy perspective will help guide you through personal and professional challenges more efficiently, without losing your cool, and without hurting yourself or others.

Still, having perspective on your life can be tough, especially when you are highly analytical about your own life. The tendency is probably to be a bit self-centred.

You are working so hard on understanding yourself that you may forget that you exist in a world filled with many other people.

To gain perspective and move on to have deeper wisdom guiding your life, you need to realise that life in general isn't about you and your immediate world of challenges. You will not arrive at the deeper wisdom that can be yours if you live in the small world of you!

It doesn't mean that you have to have some lofty mission that will touch the masses, but it does mean that for you to experience your best life, you have to get out of the way.

I call this 'getting over yourself'.

So far, we have done a bit of awakening with our mind to be free of its inefficiencies, and in this next part of this journal we will begin to take the focus off our introspective selves.

Now we will begin to leverage what is right about our circumstances, and use this awareness to allow our wisdom to come through. With wisdom comes perspective and with perspective comes the freedom to take action that leads to your best life.

When I say, "get over yourself", I mean it as the nicest slap around the head I hope you ever get. Once you realise that what your parents did or did not give you, or what life has given or kept from you, is not a permanent condition, you can set out to change what you feel is wrong. Talk about perspective. You are who and what you are, and you get to renegotiate that with yourself every day.

So get over it and get on with it!

You can start with the ideas in this section. We will work together to show you how insignificant you are - and that is a good thing. Don't get me wrong: you are extremely powerful. However, how wisely you use that power will depend greatly on how much self-importance you give yourself.

Getting over yourself is not a matter of assuming a false humility or playing small to not be a threat to those around you. It's about realising that there is so much more at stake in life than your own personal problems. By comparison to the magnitude of crises going on in the world around you, your obstacles can become tame if you want them to be and only if you want them to be!

Why do you think we love to hear about others people's problems so much?

Why are most of us fascinated by disaster?

Because by realising the depth of suffering that can and does exist in this world, we gain perspective.

We gain a brutal understanding of just how fragile life is and how much good there is to embrace.

By absorbing how tiny most of our cares are, we gain the freedom to access them. The information that we need to give us direction and solutions to our problems is accessible once we get over our powerful self-absorption.



## WISDOM IS BLOCKED IN THE FACE OF FEAR

**W**henever I ask my clients and program participants what keeps them from doing what they all seem to know they need to do, the answer is always, unequivocally, fear.

Fear - whether in the form of high emotion, anger or dramatic outpourings of panic or just pure drama - is the greatest enemy to your own wisdom.

Wisdom is blocked because of fear's intensity.

Fear is the most insidious and powerfully negative tool the mind has.

Even worse, fear has the capacity to disguise itself as good judgment.

The bad news is that no matter how hard you try to conquer your fears, they will never go away completely.

So your work in this section is not to eliminate fear, but to dramatically improve your relationship with it. The first step is to realise that, however much your fear grips you, you have an equal amount of greatness in you.

Our fear is directly proportional to our greatness.

If you are a fearful person, you probably don't have all that you want and do have a tendency to devote more time to your fear than your greatness.

Like hanging out with the 'wrong crowd', it is having a bad influence on you. To improve your relationship with fear you need to get better at knowing when you are experiencing a negative reaction to your circumstances that it's due to fear and not necessarily reality.

Second, it takes knowing what your choices are and, third, getting a handle on how to disengage fear's grip on your mind, so that your inner wisdom can flow.

Developing and gaining a healthy perspective is the most significant way to begin to awaken with your fear.

Let's look at some ways to help you gain this perspective on fear so you can move freely towards your best life.





## STOP TAKING THINGS PERSONALLY

**W**hen we experience a less than positive exchange with someone or a negative situation in our life, we tend to immerse ourselves in the experience.

We often find it hard to put the conversation in the past or look at what happened with an objective eye. Instead, we take the exchange very personally.

How could we not? It happened to us, right? Yes, but I'm sure you know people - maybe even yourself - who are still suffering over something that happened to them or that someone did to them weeks, months or even years ago.

We often find ourselves unable to move onto a solution because we can't get over what happened. To gain perspective when something bad happens, it is necessary to detach from it, to make the effort to observe the situation objectively.

It's natural to feel disappointed, we must move out of it by separating it from ourselves.

In order to step outside of an event and observe it, you need to increase your self-awareness so that you can catch yourself before you get swept up in and obsessed by the drama of what's going on.

This means, for instance, stopping yourself before you react to a personal attack or an unwanted reaction or circumstance.

For some people, this can be a tall order - but if you can separate, you'll be able to avoid letting the situation get the best of you. You'll be able to form an appropriate response, one that allows you to stretch and become the mature person you want to be in the situation instead of a person who reacts unthinkingly, from primal instinct.

The minute you enter the 'danger zone' with someone and you feel a strong reaction coming on, you need to develop a shield to deflect the bad attitude or harmful words coming at you. You don't want the situation at hand to push your buttons, so the important thing to do is to get this person out of your space gracefully and without contempt.

The secret to being able to develop that shield and not react negatively is to realise that people come from the limit of their own growth and experience. When you accept that their attack on you is really about them and not you, perhaps you can forgive them, accept them and move on. Granted, this may be easier said than done, but when you do it, you maintain the freedom to keep your life moving forward, towards your best life.

Even when you face a tragic circumstance - the loss of a job or a loved one, or the diagnosis of a severe illness - it is not personal.

You were not branded for hard time.

Feel the pain, experience the disappointment, and try to shift yourself to a mind-set of learning all you can from the situation, instead of surrendering to victimhood.

This is the only way forward.

No one wants these things to happen, but even major disappointments hold the potential to turn our heads in the direction of the blueprint for our best life.

**N**ot taking things personally is a lesson I have learned vividly throughout the course of my entire life. Doing so has been something I have had to really focus on letting go and replacing with more resourceful strategies.

It seems that this way of life; feeling as if though things were always my fault, had followed me around for most of my life, it was all too familiar.

It would leave me feeling trampled.

Most of the time I would walk around feeling annoyed, swearing under my breath. Smiling on the outside, yet feeling torn and ripped on the inside.

Every person who got in my way as I was at my best running this strategy was to be punished by the intensity of my gaze and the thoughts that followed. Whilst I would often project to the world that it was everyone else's problem, deep down I always felt like things were my fault.

It definitely used to bring up feelings of resentment, the more often I ran it.

Then one day, it most certainly just seem to come from out of the blue, and suddenly I noticed that it was a beautiful sunny day.

It was like the sea had parted and started to let me through. I thought back at all the times where I was carrying around this chip on my shoulder and the feeling's of aggravation I was previously living with.

What was different?

What had changed?

There was only one simple answer that my wisdom could acknowledge.

I had.

This day, although I can't remember it's exact and precise date, will be a moment in time I will always remember, I remember where I was, I remember what I was doing and I remember feeling in a happy mood, as if I was emanating a positive energy that glowed at least three metres ahead of me.

That glow now lives within me and radiates out to the world every single day, only this time it is real, how I feel on the inside now matches what I am exuding on the outside.

The times where I felt like I was fighting my way through my every day and feeling just as angry towards everyone else around me has now gone. The sea has parted for me and I am more excepting of those around me, and more importantly myself.

I feel no longer to blame for everything,

I no longer takes things personally.

Ease and flow has stepped in and become my every day way of life.

I am so grateful that this day came and for the work that I did to release my own personal attacks on myself.

Releasing being the blame for everything has been a huge catalyst towards the change I now experience and encounter in my everyday life.

Getting over yourself is something I highly recommend to all of you.



# 'LYBL' THROUGH WRITING

## Release taking things personally



1

**Write** down the names of people whom you still hold grudges against or feel less than peaceful about.

(If you don't have any, then good for you, but be sure you're being honest).

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**Explore** what you took personally in each situation.

Did an old friend neglect you?

Did your parents upset you?

Was your neighbor rude to you?

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2

**If** you were to unhook yourself from the emotion and relive the relationship again what might you do differently?

What would you say if you ran into this person now?

What could you do to no longer care about what transpired?

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3

4

**Write** down specific actions you could take to be sure these scenarios never come back to bite you again.

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## TO FIND YOURSELF: MAKE IT ABOUT OTHERS

One of the women attending a recent Australian seminar of mine approached me afterward and told me she was very well known and had been involved in a very public scandal.

I didn't recognise her and she didn't tell me her name or provide any further details. In the aftermath of the scandal, she had been trying to make herself feel better by spending lots of money on shopping and holidays.

She was now seeking some concrete advice about getting her life back on track.

My suggestion was simple: "Get your hands dirty! Go out and hold babies in need or sing to an old person or serve food in a homeless shelter," I said. "You'll find yourself again."

She seemed stunned for a moment but then something seemed to register with her. She thanked me and left.

The advice I gave this woman basically boils down to this: nothing will pull you out of your own stuff faster than realising your stuff isn't so bad.

Intellectually, you know that many other people are worse off than you, but seeing what really is going on in the world first-hand is a wonderful way to put your own life into perspective.

You and your problems are not as important as you think they are.

Nothing will make you realise this more clearly - or make you feel better about yourself - than when there are grateful eyes looking back at you because you improved someone else's condition a little bit.

"That's all well and good," you might say, "but, will it make my problems go away? Will it pay my mortgage? Will it heal my child's life threatening illness?"

Maybe not. But it will give you perspective.

A mountain climber can't get a sense of where she is on the mountain by starting at the ground beneath her feet; she must look up or down to get a sense of where she must go next.

Similarly, through developing a healthy perspective, you may gain clarity to hear your own wisdom directing you to take a certain action or find a resource that can help get you where you want to go.





## Developing a Healthy Perspective

***I call this the self-centred challenge.***

For an entire week, I want you to strike the word "I" from your vocabulary.

This is the most overused word in the English language, and you'll find it's not easy to avoid.

As you realise how much you use "I", you'll find yourself much more interested in other people.

This exercise may make you feel baffled, humbled or even a little sad.

Such feelings aren't permanent.

They're just the result of your ego's shrinking and feeling very sorry for itself.

Having a healthy ego is not a bad thing, but we could all stand to gain a little perspective in our place in the world.

This perspective invites the ease and satisfaction I've been promising.



## DON'T GO SO FAR THAT YOU LOSE YOURSELF

**A**lthough helping others is a very effective tool in helping you gain perspective on your life, it's also important that you not go too far.

If helping someone else results in you neglecting your own life, then it defeats the purpose of gaining a healthy perspective. Being of service to people should not mean sacrificing yourself. When you sacrifice in this way, you end up not getting over yourself but losing yourself.

Giving has nothing to do with loss.

Giving need only be sharing, and when you share, you lose nothing.

However, if you are avoiding your own pain or responsibilities in taking care of others, not only do you not develop or gain a healthy perspective but the help you are giving may actually be less effective than it would be if you were clearly giving to share.

This is because when we overwhelm ourselves with helping other people, we often become resentful, stressed, overburdened and even quite numb.

And when we give to others in a balanced way, we find ourselves instead of losing ourselves in the process.



## CREATE SPACE

**B**esides doing for others and not taking things personally, a healthy perspective can come from simply getting some distance from a situation.

By creating space.

This can be done literally: if you are having trouble at work, get up and go outside for a walk to take yourself out of the environment that's causing you so much stress.

Even if you are in the middle of something, breaking your thinking pattern by clearing your head with a walk and you'll be so much more productive when you get back.

Creating space and gaining distance can also be metaphorical.

Sometimes we need mental space more than physical space.

If you are having trouble with a relationship, try moving your mind away from it by engaging your creativity.

Draw a picture about how you feel, do some work on a workshop or start a project, read a short story or even a children's book. All these activities take you somewhere else mentally and are sometimes enough to gain the perspective you need to come back to the relationship and deal with the issues more objectively.

If literal and metaphorical distance don't release the grip your mind has on you, I'm afraid you'll have no other choice than to give in and laugh.





## LAUGHTER REALLY IS THE BEST MEDICINE

“Oh, come on, lighten up”.

Don't you just love hearing that when you feel like you have a justifiable reason for not being happy?

Yet by suggesting that perhaps you need to chill out or adjust your attitude, these people may not realise just how very astute and wise they are being in their request.

Wisdom alone cannot get through when your thoughts are dense or heavy.

Laughter lightens the mind's load and relieves the tension that keeps your heavy thoughts circling around and around.

Laughter can free your thoughts from their tendency to go down a negative riverbed. Laughter distracts you from what's bothering you, giving you a sense of detachment that allows your intuition to kick in.

As a result, it enables your mind to make room for unusual solutions to problems as well as for wisdom to come through. It allows you to get in touch with the part of you that is wiser and might be more rational than your emotional self.

Laughter dulls the edge of the knife your inner critic wields.

Since it can do all these things, is it any wonder that we are grateful for comic relief during a serious movie or play or even an intense business meeting?

Just as there are times when helping others crosses the line, we need to be careful with laughter as a way of gaining perspective.

That's because it can sometimes serve to hide our true feelings.

And it's common for people to deflect intimate, deep emotions with humour to avoid feeling vulnerable.

I once attended a wedding where the bride cracked jokes and played up to the guests during the ceremony because she was terribly uncomfortable with the profound sanctity of the moment.

Humour is also used as a way of expressing an opinion without being genuine.

I'm sure you can think of many times in your life when someone cracked a joke at your expenses, only to take it back, upon seeing your reaction, with an indignant “Just kidding”.

In fact, the person being kidded was not you but the joker, who convinced himself that you would not notice or feel the true intention behind his humour.

When humour is used to avoid telling the truth, it loses its ability to clear your brain and allow your inner wisdom to emerge.

When humour is truthful, it can be just as powerful in its impact as a profound philosophical insight.

Just as a profound insight can illuminate a new possibility, so can humour provide a way to look at something in a whole new way.





## Lighten Up and Laugh

***Find a humour mentor*** someone whose sense of humour you just love.

Study this person, what he or she finds funny, where their humorous outlook on life comes from.

If you are already a fun lover, stretch yourself even further.

Get a DVD or download some You Tube clips of a professional comedian who appeals to you.

Watch and listen for how he or she looks at life to find its humour.

If you really want to stretch, how about enrolling in a stand-up comedy class?

Think of this as training for your mind.



## CHOOSE LOVE

**A**nother tool that we can draw upon to shift our perspective is love.

We've all heard the merits of loving ourselves, loving others and loving the planet, right?

But not all of us have been able to use all that love to positively affect the daily transactions of our lives.

The pace of our lives and the intensity of our emotions or personality often prevent us from acting with love as a code.

It may be hard to be kind to others, or ourselves or to face a critical situation with the perspective love can provide.

In order to think of love as a fundamental code, one by which we can live, it may help to compare it with another code, one by which many of us are already guiding our lives: power.

In the time we live in, power is still defined very much by external references, such as money, status, position or the ability to influence others.

We are powerful if we have these things and powerless if we don't.

They can be taken away.

Love cannot be taken away.

You can always choose to love someone, something or a situation, whether you feel those things merit love or not.

That is true power.

Love, as a choice, is power.

Instead of choosing to hate, fight, undermine or manipulate, you could choose to love, and that choice might help you find a more positive solution to any problem.

For example, if someone betrayed my friendship, I could decide to banish that person from my life and forever speak of how he did me wrong. On the other hand, I could gain a quick exit to the pain by choosing love to find perspective.

I don't have to agree with what the person did, nor do I have to forgive them. I just have to choose to love them and myself and elevate myself to the place where I can see they did me a favour.

Now I know he was not as true a friend as I thought, and I can go on in my life with a lesson learned. A much more powerful choice, I think, than holding onto bitterness, even though many would feel I was justified to do so.

When it comes to love, we often don't honour ourselves enough and therefore have little or no wisdom-producing perspective.

Loving yourself or someone else does not mean abandoning self by overindulging in the feeling or its intoxicating effects.

It doesn't mean sacrificing yourself to love someone or even merely to have another person like you.

It means harnessing your emotion and awareness to create the most good in your life.

That means that if a relationship is destructive, you should get out.

It's not an invitation to love harder.

There is no power in loving harder - only in loving better.





## WHERE YOU FIND YOUR PERSONAL POWER; YOU WILL FIND LOVE

**M**ost people think that loving ourselves means accepting ourselves for who we are, shortcomings and all, and being nice to ourselves with gifts and nurturing gestures.

That's part of it.

But the greatest love of self is keeping an eye on where we distribute our power.

Earlier I said that choosing to love, even in adverse situations, was a way to gain perspective, and define true power.

Now I take that one step further to say that watching where you distribute that power reflects on how well you love yourself.

Do you choose to love out of fear in order to protect yourself from a consequence, or do you love out of fear in order to protect yourself and other people?

When you choose to love from fear, you are not loving yourself, you are doing what you think you have to in order to get what you want.

When you respect yourself and therefore love yourself, you will get what you want and with more ease and satisfaction.

You will not be compromising yourself.

As a coach, I spend a lot of time assisting people reclaim their own sense of personal power.

They do this not by stealing it from a friend or a boss, but by reclaiming pieces of themselves they have given away over time, when they really do not want to, whether in a relationship, a business deal, a meeting, or another detail of their life.

The place to begin amassing power is within yourself.

Look at where you are giving it away.

Look for the places where it is leaking out of you like air from a punctured tyre.

It is usually not hard to locate: is it where you are abandoning yourself, where action must now be taken?

Getting that power back and keeping it should be what it is to love yourself.





## Connect back to your source of Personal Power

### ***It's time for action!***

I challenge you in the next week to increase the power you have by taking it back from where it does not belong.

***Examine the recent past***, looking for situations in which you have compromised yourself.

Record in your LYBL Journal what these situations were, and be specific about what happened and who was involved. If you were disappointed by a friend who did not keep a promise, for example, and you were afraid to ask about it, write:

*"Mark said he would visit this weekend and then did not turn up or phone to say he wasn't coming. I didn't call him about it, although it's the second time he's done something like this."*

In every situation you've written about, think about what you can do to reverse the loss of power.

Your perspective will be changed as you see your power increase and as you realise that the key to moving your life forward in a positive way has roots in this kind of self love.







## A LOT CAN BE SAID ABOUT GRATITUDE

One more way of gaining and developing a healthy perspective on your life is through expressing gratitude.

Showing that you are grateful for what you have multiplies your ability to attract what you think you lack.

If you choose to validate what you lack by harping on about it, you are draining yourself of the energy you need to focus on what you have that can be leveraged to your great benefit.

As your coach, I am always looking for what's right about you to help you build your future.

Recognising how much you already have and being grateful for it is key to accomplishing the future.

Taking stock of what's working lessens the leaden effect of focusing on what is missing.

It turns up the volume on possibility.

Finding out what you're grateful for allows you to move forward more quickly.

I can't tell you how many people have approached me, bitter about what their jobs or life circumstances, only to hear me ask "What can you be grateful for?"

They look at me quizzically, but I continue: "What have you learned from your unsatisfying experience?"

Did you learn a new skill?

Have you discovered what tasks or circumstances no longer suit you? Great!

Now what do you have to be grateful for?

Now what do you have to do?



## 'LYBL THROUGH WRITING'

### What are you Grateful for?



Taking stock of what you can be grateful for on a daily basis becomes an important way to make this way of developing and gaining a healthy perspective a habit.

Try it now by writing down ten things you can be grateful for today.

These could be your health, your family, the roof over your head, your job, your money, your new car, your neighbor, your friends and so on.

It could also be more circumstance oriented – such as a particularly good conversation with a co-worker, or a chance meeting with a long-lost friend, or the fact that a woman on the supermarket queue gave you her place so you could check out sooner.

Now go back to the complaints about your life that you listed in Section 1.

Look at them with your new set of eyes and try to find something to be grateful for about the items that are problems now.

What have you learned from having these problems – how are they stretching you and forcing you to grow?

As annoying as they may be, examining them through the lens of gratitude may uncover the hidden positives about them.

As a third part to this writing, write down how your perspective has shifted because of this activity.

What might you do differently?

Is there any action you would like to take now because of it?

Write down the changes you will make.











## COACHES WRAP UP

**G**aining and developing a healthy perspective is the third and final strategy of 'Your Awakening' stage.

A healthy perspective on your life will assist put you on track to where you are meant to be.

Working to maintain the right perspective is a lifelong investment, and you've learned a variety of techniques that will enable you to do that.

Even when things are going well for you, remember to:

- Avoid taking things personally
- Let go of old grudges
- Assist other people
- Say "I" less
- Look for humour
- Create space
- Choose to love
- Reclaim your power by loving yourself
- Focus on what you have to be grateful for instead of what you don't have

